



Project Happiness™

Help us help Youth, we need you!

The Region 4 Behavioral Health Board was established in July 2014 and tasked with identifying community needs for behavioral health care. They were also asked to assist in finding solutions to help improve our behavioral health community. Region 4 is Valley, Elmore, Boise and Ada Counties.

The region's 2015 Gaps and Needs Report identifies the following concerns in our community:

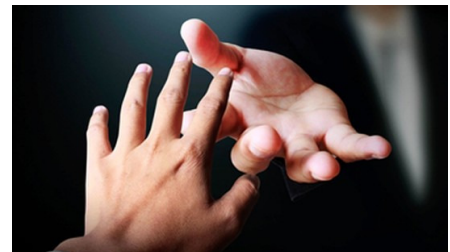
1. Support the need for more school-based education about behavioral health
2. Increase efforts to support/educate families and parents, including parenting classes and other supports
3. Establish more resources in rural schools
4. Provide training to professionals throughout the region on youth behavioral health

The Youth Behavioral Health committee was formed to help address these needs. We have established the following goals for 2015 for our region:

1. Promote partnerships with community providers, professional associations, health care providers and others involved in Behavioral Health for children and adolescents.
 - a. Identify health care providers, community providers, and professional associations, and work to partner to create more awareness, trainings and community outreach.
 - Examples include: Idaho Conference on Alcohol and Drug Dependency (ICADD), Idaho Counselor Association, Business Psychology Associates (BPA), Optum, Office of Drug Policy (ODP), National Alliance of Mental Illness (NAMI), Idaho Federation of Families for Children's Mental Health (IFFCMH), local law enforcement, etc.
 - b. Advance trauma informed care practices specific to youth
2. Create, promote and establish more training around children's behavioral health and adolescents through:
 - a. Identify possible trainings, collaborate with partners and implement three training opportunities in our region, including our rural areas during the next year.
 - Training examples include: WRAP, CIT for Youth, Children's Mental Health First Aid, CRAFT
 - b. Utilize technology to assist in delivering trainings to rural areas.
3. Support the Idaho Federation of Families for Children's Mental Health Awareness Week in Region 4
 - a. Identify target audience, resources to enhance the fair, promote more families and professionals to attend.
 - b. Create new ideas and ways to get people involved and networking.

How can you help?

We need you and your ideas to help us enhance children and adolescent behavioral health in our community. If one of these areas has some interest to you, please contact a member of the Youth Behavioral Health Committee or Co-Chair Amy Jeppesen at Amyj@recovery4lifeidaho.com. We look forward to working with you. We have a variety of options to match your interests and availability to our project working groups.



Join us! Open invitation to our meetings:

Our monthly meetings are the first Tuesday of the month from 10 am to noon at the Region 4 offices of Health and Welfare, at 1720 Westgate Drive, in Boise (between Cole and Milwaukee on Fairview) in room 138. Enter the doors that face Fairview (next to PoJos) with A-1 over the entry. Room 138 is to the right of the reception desk.